

DBH Wellness Course

Stress Reduction



WHEN

August 30th, 2016
3:00pm - 4:00pm

WHERE

Victor Valley Behavioral Health
Conference Room
12625 Hesperia Road
Victorville, CA 92392

REGISTER

<http://dbh.training.reliaslearning.com>



Note: All participants attending this class must be in accordance with the DBH Dress Code Policy.

This class session is for DBH Staff only and can be attended on County time.

What is it about?

Uncontrolled stress can impact health and job performance. This course helps employees identify their sources of stress and learn the coping skills they need to manage and reduce their stress levels.

Raffles for attending!

- ◆ \$50.00 gift card
- ◆ duffle bag gym kit

Giveaways for attending!

Plus, the *first*

10 participants

to register &

attend this class will receive a roll up blanket.



For assistance,

call (800) 722-9866 or

email training@dbh.sbcounty.gov

For alternate communication methods, call (800) 722-9866.